



**PM Bible Study, Wednesday, June 12, 2024**  
**Lesson Title: "When Life is *Lifeing*"**  
**A Mental Health Analysis of the Story of Job**  
**Scripture Readings: Job 1:1-22; Job 38:1-7; Job 42:10-17**  
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**Objective:**

- Understand suffering, resilience, and divine wisdom in the Book of Job.
- Discuss the challenges with mental health as believers.
- Discuss helpful biblical principles and tools to help believers cope with mental health.
- Building a community to help believers manage their challenges.
- The ministry of presence.

**Opening Question:**

When was a time when you faced a significant challenge?  
How did your faith and community support help you through it?

**Introduction to the Book of Job:**

The suffering of God's people and challenges that we learn to manage and still have Faith in God.

**Job's Trials:**

Job 1:1-22

We are not exempt from suffering and life's challenges.

Job was seriously stressed, depressed and borderline suicidal.

- Discuss how Job loses his wealth, children, and health.
- The Believers loss and hardship.

How have believers historically shown resilience in the face of such trials?

**Job Seeking Understanding:**

Job 3:1-26

-Job questions his suffering, seeking understanding and justice.

-His friends came to sit with him in his suffering.

- Job's friends questioned his suffering.

-The best thing that most people can do for us when we are suffering is to be present.

How do we as believers try to understand our own suffering and the suffering in our communities?

**The Role of Friends and Community:**

Job 2:11-13

- Job's friends came to comfort him, but they eventually offered misguided advice.

-How can we as believers offer meaningful support to our community?



### **God's Wisdom and Restoration:**

Read Job 38:1-7; Job 42:10-17

- God speaks, revealing divine wisdom and eventually restores Job's fortunes.

How can we maintain hope and faith in divine justice and restoration in our personal and collective struggles?

#### Practical Application:

1. Identify ways they can support each other as a community during tough times.
2. Engage in an act of solidarity or service within their community, drawing inspiration from the life of Job.
3. Seek community support organizations and resources personally and for those in need.

The book of Job is an incredible story that brings to light a lot of challenges that we as believers face each day. Many of us all have encountered friends or community that were not fully equipped with the tools to help support us in our life's challenges.

I encourage us all to continue to strengthen our faith in God. God is the one that is directly involved and walking with us in our challenges. Always find a community of believers that are willing to express empathy and be present with us in our challenges. Finally, there is nothing wrong with believers seeking professional help from trained professionals that are equipped to help individuals navigate through life's challenges.